



HOCKING VALLEY
Community Hospital

LEADING THE WAY TO A HEALTHIER COMMUNITY

OCT. 6, 2017

Weekly Update

Get out and enjoy the Fall!



Check out the list below of opportunities to take a short day trip and enjoy the autumn season! A great way to keep active while touring the beautiful state of Ohio.

- **Bob Evans Farm Festival –** October 13-15, Rio Grande
- **Fall Foliage Trains -** Fridays, Saturdays and Sundays in October – Nelsonville
- **Lantern Light Wagon Rides –** Saturdays in October – Clarksville
- **Ohio Renaissance Festival –** Saturdays and Sundays in October – Harveysburg
- **Pumpkin Fest at Pigeon Roost**

- **Farm –** Hebron, Ohio
- **Circleville Pumpkin Show –** October 18-21, Circleville
- **Ohio Sauerkraut Festival –** October 14/15, Waynesville
- **Apple Butter Stirrin Festival –** October 20-22, Coshocton
- **Hocking Valley Photography Group Exhibit at The Bowen House –** October 7-28, Logan
- **Fairfield County Fair- October 9-14, Lancaster**

For more upcoming events and fall festivals, go to <https://www.ohiotraveler.com/ohio-festival-and-events/>.

EVENTS CALENDAR

Oct. 31: Park Lane Jewelry Sale
HVCH Meeting Room

Sale runs from 6 a.m. to 3 p.m. Jewelry at a 50-75% discount. Cash, check and payroll deduct for HVCH employees accepted. Proceeds benefit HVCH.

Nov. 10: Auxiliary Book Sale
HVCH Meeting Room

Collective Goods will be in the meeting room from 7 a.m. to 4 p.m. with books and other gift items available for purchase. Payroll deduct available for hospital employees. Proceeds benefit HVCH.

Dec. 5: Save the Date -
HVCH Annual Holiday Affair

The 2nd annual HVCH Holiday Affair will be held from 4 to 7:30 p.m. Dec. 5 with a traditional German-American holiday theme. More information forthcoming in the next few weeks!

INSPIRATIONAL QUOTE OF THE WEEK

"If you fall behind, run faster. Never give up, never surrender, and rise up against the odds."

— Jesse Jackson

Direct to You: From Lauren Barber

Our annual Benefits & Wellness Fair is just around the corner. And coming right behind it will be open enrollment for insurance! Both events keep us very busy in the HR Department this time of year. Now is the time to think about your needs for 2018, like setting aside extra money through a Flexible Spending Account for medical or dependent care expenses.

So why is the hospital so focused on employee wellness? An ounce of prevention is worth a pound of cure.

We're into October and still there is much uncertainty about the status of healthcare reform. But what hasn't changed is the focus of healthcare providers on promoting healthy liv-



Lauren Barber,
HR Director

ing, wellness, and prevention.

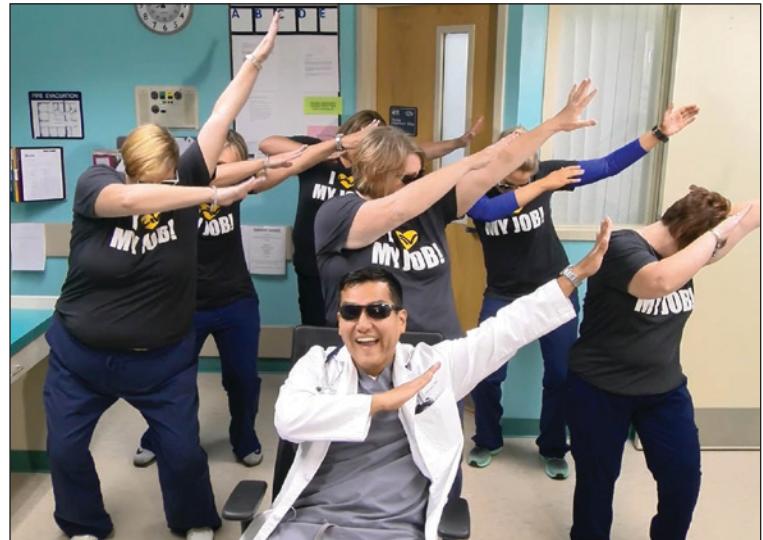
Chronic illnesses like diabetes and heart disease are still on the rise in the US. In fact, heart disease kills more Americans every year than cancer. It's the leading cause of death for both men and women. But it can easily be prevented by regular screenings for blood pressure and cholesterol, by making changes in your diet, and getting more exercise.

By participating in biometric screenings, healthcare providers can detect changes in your health more quickly and provide counseling and treatment to manage your health better. This can help you lead a longer, healthier life. But, it also means significant costs savings for you! When the population is healthier, less money has to be spent on doctor visits, hospital stays, procedures, and medications. You pay less out of pocket.



Congratulations to the staff of HVCH in placing 73rd nationally in the Modern Healthcare Best Places to Work recognition. We have received our official award, and encourage each of you to stop by the glass case in the main lobby to view it. This is a very special achievement, and we are so proud of Hocking Valley Community Hospital and those who work within.

Check out our Best Places video



If you haven't seen it yet, check out the video our employees made to celebrate being named one of Modern Healthcare's Best Places to work. The video is posted on the HVCH Facebook page, on our website at www.hvch.org and on YouTube at <https://www.youtube.com/watch?v=Qbe1Np9DPxo&t=3s>. Let our employees know what you think of their dance moves!

HVCH Cafeteria Menu Oct. 9-13

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Oven Fried Chicken Sloppy Joe French Fries Broccoli Cabbage Corn on Cob Potato Soup	Meatball Sub Chicken Fingers Spinach and Cheese Casserole Oven Potatoes Cauliflower Breadstick Chicken Soup	Waffle Bar Bacon Cheeseburger Cheesy Hashbrowns Corn Broccoli Onion Rings Tomato Soup	Tamale Pie Loaded Nachos Baked Potato Bar Cauliflower Green Beans Beef Pot Roast Soup	Hot Dog/Bun Battered Cod Breaded Green Beans Vegetable Medley Peas Cauliflower Cheese Soup

Myth and Truth about Down Syndrome

October is National Down Syndrome Awareness Month. Today there are still many misconceptions about Down syndrome and those who have it. This guide dispels some of the common myths about Down syndrome.

MYTH: Down syndrome is a rare disorder.

TRUTH: Down syndrome is the most commonly occurring chromosomal condition. Approximately one in every 700 babies in the United States is born with Down syndrome, or around 6,000 births per year.

MYTH: Down syndrome is hereditary and runs in families.

TRUTH: Translocation, a type of Down syndrome that accounts for 3 to 4% of all cases, is the only type of Down syndrome known to have a hereditary component. Of those, one third (or 1% of all cases of Down syndrome) are hereditary.

MYTH: Most children with Down syndrome are born to older parents.

TRUTH: Most children with Down syndrome are born to women younger than 35 years old simply because younger women have more children. However, the likelihood of having a child with Down syndrome increases with the age of the mother, especially after age 35.

MYTH: Parents will not find community support in bringing up their child with Down syndrome.

TRUTH: In almost every community of the United States there are parent support groups and other community organizations directly involved in providing services to families of individuals with Down syndrome. You can find a list of groups at <http://www.ndss.org/Resources/Local-Support>.

MYTH: All people with Down syndrome have a severe cognitive disability.

TRUTH: Most people with Down syndrome have a mild to moderate cognitive disability, or intellectual disability. This is not indicative of the many strengths and talents that each individual possesses. Be considerate of the extra time it might take a person who has a disability to get things done or said.

MYTH: People with Down syndrome are always sick.

TRUTH: Though people with Down syndrome are at an increased risk for certain medical conditions such as congenital heart defects, respiratory and hearing problems, and thyroid conditions, advances in health care and treatment of these conditions have allowed for most individuals with Down syndrome to lead healthy lives.

Senior

Health

Fair

Free for individuals 50 and older

Wednesday, November 15 from 10 am- 1pm

Location: Laurelvile Senior Center (16184 Maple St. Laurelvile)

FREE lunch provided by :



- ♥ **Free Health Screenings**
- ♥ **Blood Pressure Checks**
- ♥ **Blood Sugar Glucose Test**
- ♥ **Advance Directives Information**
- AND MORE!!**

START YOUR CAREER WITH HVCH TODAY!

Apply @ www.hvch.org

- **Food Service Aide - Full Time**
- **Mental Health Tech (State Tested Nursing Assistant) - Contingent/PRN**
- **Pharmacy Technician - PRN/Contingent**
- **Physical Therapist - Full Time**
- **Registered Nurse (RN) - Contingent - Behavioral Health Unit**

About the Mediterranean Diet



Back in the 1950s and '60s, scientists found that the people who lived on Crete, an island in the Mediterranean Sea, had a very low incidence of cardiovascular disease. At that time, the diet of the people of Crete was limited to foods that were easily available, like olives, fish, and fresh fruits and vegetables, and researchers wondered if the secret to the islanders' good health lay in the foods they ate. In fact, studies have shown that adhering to a Mediterranean diet results in a lower risk for not only heart disease, but also Alzheimer's, Parkinson's, cancer, and diabetes.

The Mediterranean diet is easy to follow and includes many delicious choices. Here are the key components:

- Eat fish and poultry at least twice a week, but consume red meat only a few times a month.
- Skip the salt. Use herbs and spices instead.
- Use olive oil as a drizzle on salads, for dipping bread, and while cooking.
- Eat lots of plant-based foods, like fruits and vegetables.
- Enjoy legumes, nuts, and seeds. When choosing nuts, go for almonds, pecans, and walnuts, but limit yourself to a handful per day.
- For grains, choose non-refined, whole wheat options.
- Enjoy a glass of red wine, in moderation. For men over the age of 65 and women, that means less than 5 ounces per day; men under the ages of 65 should drink less than 10 ounces a day. And if you don't drink at all, there's no need to start. This is an optional recommendation.
- Limit dairy to low- or no-fat choices, including yogurt, cheeses, and milk.
- Breakfast: bran flakes with cubed cantaloupe and soy nuts
- Lunch: salmon stuffed with spinach and feta, a side of herb and olive oil mashed potatoes, steamed sugar snap peas, and a peach
- Snack: hummus with cucumber slices and carrots
- Dinner: mozzarella, tomato, and chickpea salad with ½ whole wheat pita, Greek yogurt dip, and a handful of grapes
- Evening snack: Greek yogurt mixed with chopped pecans and a clementine

October is Domestic Violence Awareness Month

If you are in an abusive relationship, remember:

- 1.) You are not alone.
- 2.) It is NOT your fault.
- 3.) Help is available.



As we usher in October, we're challenged to Think Pink in honor of the many women fighting breast cancer. But let's talk for a moment about something else. Did you know that 1 in 3 women (and 1 in 4 men) have been victims of some form of physical violence from an intimate partner in their lifetime? Domestic violence costs more than \$37 billion each year in law enforcement involvement, legal work, medical and mental health treatment, and lost productivity at work. It affects individuals in every community, regardless of economic status, gender, sexual orientation, race, religion, or nationality.

We invite you to think purple and stand against Domestic Violence this month.

For access to resources and/or confidential, anonymous help, contact the National Domestic Violence Hotline at 1-800-799-SAFE (7233). Or, visit the National Coalition Against Domestic Violence at <https://ncadv.org>.

Park Lane Jewelry Sale

(proceeds benefit HVCH Auxiliary)

WHEN: Tuesday October 31st

Sale starts at 6:00am UNTIL 3:00pm

LOCATION: Hospital Meeting Room

Cash, Check, and Credit Card accepted.

Payroll deduction is available for HVCH employees.

QUESTIONS: Contact Ginger in Administration at 380-8207 or Community Relations at 380-8110

Necklaces, bracelets, earrings, and rings
50-75% DISCOUNT

park lane
JEWELERS



HOCKING VALLEY Community Hospital

OUR MISSION

To provide extraordinary care close to home now and into the future.

OUR VISION

To provide our community an unparalleled patient experience through world class service that is both compassionate and professional.

HVCH is a 25-bed, critical-access hospital located in the city of Logan, Ohio, which serves residents in Hocking and surrounding counties. With more than 325 employees, our staff is here to serve the residents and visitors of our Hocking Valley community through various ancillary and emergency care services. HVCH is Joint Commission accredited, and we offer a wide range of primary, acute, and rehabilitative services. We are pleased to provide 24-hour emergency services to our patients through our ER and Urgent Care. Additionally, our surgical center, rehabilitation center, physical therapy clinic, pain control and wound clinic, imaging, laboratory, cardiovascular/cardiopulmonary, sleep clinic, geriatric psychiatric, and oncology services are also available. We are proud of our facility. HVCH is affiliated with OSUWMC, improving healthcare services to the Hocking and surrounding counties in the areas of general surgery and orthopaedics. HVCH also is a part of the Ohio State Health Network.